

## Japanese Knotweed

*Fallopian japonica*

**Region of Origin:** East Asia  
**Habitat:** Perennial, deciduous, sub-shrub  
**Current Range:** Asia, North America (39 States) & Europe  
**Flowering Season:** Summer



Japanese knotweed has astounding regenerative prowess and the capacity to spread at lightning speed, especially near streams and roadsides. It is a rapidly growing, perennial plant with characteristic purple spots on the stem. The tubular structure of the stem allows even tiny pieces of knotweed to float through waterways and readily access new habitats to colonize along its journey. The dense root and leaf structure of knotweed stands make it nearly impossible for other plants to compete, and it is considered one of the world's most destructive invasive species. The strong scent of the lacy white blooms attract bees. And, many humans are attracted to its shoots, foraging them for their wonderful rhubarb taste. Avoid sites actively managed with herbicides, and be sure to collect the shoots when they are young and tender – no more than 8 inches tall.

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### Japanese Knotweed Summer Rolls

*Recipe and Photo courtesy of [The 3 Foragers](#)*

6-10 ea	8" Rice Paper Wrappers	3 Tbsp	Dandelion Flower Petals
3 oz	Bean Thread Noodle Cakes	2 Tbsp	Chopped Ramp Leaves or Scallions
1 cup	Knotweed Shoot Stems (thinly sliced)	4 Tbsp	Shredded Carrots
½ cup	Parsley and Cilantro Greens	To Taste	Dipping Sauce of Choice

- Soak bean thread noodles in hot water for 10 minutes, until soft.
- Rinse and drain well.
- In a bowl, add the chopped knotweed, chickweed greens, dandelion petals, ramps, and carrots to the bean thread noodles. Toss well.
- Soften the rice paper wrappers in warm water for about 15 seconds until they are pliable.
- Place on a smooth surface. Take about 1/2 cup of the noodle filling and place it in the center of the top third of the wrapper.
- Fold over the top of the wrapper to cover the filling, then fold in the two sides toward the center.
- Roll filled wrapper towards the bottom, enclosing the filling completely. This may take some practice!
- Chill the summer rolls for 15 minutes, and serve with a spicy-sweet Thai dipping sauce.

